

Full Report (All Nutrients) 20038, Oats

Report Date: June 27, 2017 04:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 156g
Proximates					
Water	g	8.22	17	0.380	12.82
Energy	kcal	389	--	--	607
Energy	kJ	1628	--	--	2540
Protein	g	16.89	50	0.326	26.35
Total lipid (fat)	g	6.90	14	0.705	10.76
Ash	g	1.72	2	--	2.68
Carbohydrate, by difference	g	66.27	--	--	103.38
Fiber, total dietary	g	10.6	--	--	16.5
Minerals					
Calcium, Ca	mg	54	8	2.526	84
Iron, Fe	mg	4.72	37	0.137	7.36
Magnesium, Mg	mg	177	14	7.132	276
Phosphorus, P	mg	523	14	18.845	816
Potassium, K	mg	429	14	21.539	669
Sodium, Na	mg	2	2	--	3
Zinc, Zn	mg	3.97	37	0.180	6.19
Copper, Cu	mg	0.626	32	0.024	0.977
Manganese, Mn	mg	4.916	18	0.420	7.669
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.763	--	--	1.190
Riboflavin	mg	0.139	--	--	0.217

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 156g
Niacin	mg	0.961	--	--	1.499
Pantothenic acid	mg	1.349	--	--	2.104
Vitamin B-6	mg	0.119	--	--	0.186
Folate, total	µg	56	--	--	87
Folic acid	µg	0	--	--	0
Folate, food	µg	56	--	--	87
Folate, DFE	µg	56	--	--	87
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	1.217	--	--	1.899
12:0	g	0.024	238	--	0.037
14:0	g	0.015	238	--	0.023
16:0	g	1.034	238	--	1.613
18:0	g	0.065	238	--	0.101
Fatty acids, total monounsaturated	g	2.178	--	--	3.398
16:1 undifferentiated	g	0.013	238	--	0.020
18:1 undifferentiated	g	2.165	238	--	3.377
Fatty acids, total polyunsaturated	g	2.535	--	--	3.955
18:2 undifferentiated	g	2.424	238	--	3.781
18:3 undifferentiated	g	0.111	238	--	0.173
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.234	21	--	0.365
Threonine	g	0.575	59	--	0.897
Isoleucine	g	0.694	59	--	1.083
Leucine	g	1.284	59	--	2.003
Lysine	g	0.701	59	--	1.094

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 156g
Methionine	g	0.312	60	--	0.487
Cystine	g	0.408	48	--	0.636
Phenylalanine	g	0.895	58	--	1.396
Tyrosine	g	0.573	43	--	0.894
Valine	g	0.937	59	--	1.462
Arginine	g	1.192	58	--	1.860
Histidine	g	0.405	57	--	0.632
Alanine	g	0.881	43	--	1.374
Aspartic acid	g	1.448	43	--	2.259
Glutamic acid	g	3.712	43	--	5.791
Glycine	g	0.841	43	--	1.312
Proline	g	0.934	41	--	1.457
Serine	g	0.750	43	--	1.170
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Isoflavones					
Daidzein ³	mg	0.00	2	--	0.00
Genistein ³	mg	0.00	2	--	0.00
Total isoflavones ³	mg	0.00	2	--	0.00
Proanthocyanidin					
Proanthocyanidin dimers ^{1 2}	mg	0.0	2	--	0.0
Proanthocyanidin trimers ^{1 2}	mg	0.0	2	--	0.0
Proanthocyanidin 4-6mers ^{1 2}	mg	0.0	2	--	0.0
Proanthocyanidin 7-10mers ^{1 2}	mg	0.0	2	--	0.0
Proanthocyanidin polymers (>10mers) ^{1 2}	mg	0.0	2	--	0.0

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

²Hellström, Törrönen, A.R., and Matilla, P.H. **Proanthocyanidins in common food products of plant origin**, 2009 J. Agric. Food Chem. 57 pp.7899-7906

³Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. **Daidzein and genistein content of cereals.**, 2002 Euro. J. Clin. Nutr. 56 pp.961-966